REGINA metro®

NEWS WORTH SHARING.

THE SEWAGE REFERENDUM

Would YOU like to pay higher utility fees?

YES

NO

A message from REGINA & DISTRICT CHAMBER of COMMERCE
SERVING MEMBERS SINCE 1886

THE SEWAGE REFERENDUM

The Truth About VOTING NO on September 25th

The facts about the Public Private Partnership model:

- We will receive up to $58.5 million dollars in federal funding.
- Homeowners will save $276 per year on utility bills.
- The city maintains ownership and control of the sewage treatment plant and sets all the rates – we will own what goes into the facility, what comes out of the facility and most importantly the facility itself.
- No current sewage treatment plant employee loses their job.
- Cost overruns will be paid by the private partner as opposed to taxpayers.

On September 25th, Vote NO and save your money.

A message from

REGINA & DISTRICT
CHAMBER *of* COMMERCE
SERVING MEMBERS SINCE 1886

REGINA metro®

NEWS WORTH SHARING.

YES!
On Sept 25 vote to
Keep water public!

Wednesday, Sept 25
Vote YES!
306.988.1754
Regina Water Watch

STAFF SGT. BARBIE REPORTING FOR DUTY, MA'AM

LIMITED-EDITION DOLL IS FLYING OFF THE SHELVES, THOUGH HER OUTFIT ISN'T EXACTLY UP TO REGULATION PAGE 3

Join us for
Western Day!
SATURDAY, SEPTEMBER 28TH
• Buckaroo Pancake Breakfast
• Corn Roast • Cowboy Contest
• Country Entertainment
Treat Your Family To The Best Fall Experience In Saskatchewan!
For tickets and our complete Special Events Calendar visit us on the web:
www.pumpkinhollow.ca
or call the Pumpkin Hollow Hotline: 306-731-1479

Premier Brad Wall, seen speaking to an international agriculture conference on Tuesday in Saskatoon, says the Saskatchewan Party's new TV spot is aimed only at informing the public on the policies of NDP Leader Cam Broten, seen inset. JACOB MORGAN/METRO IN SASKATOON; INSET: ROSS ROMANIUK/METRO

Sask. Party fires early ad attack on NDP leader

Opening salvo. TV spot hammers Broten on policy issues years before next election

ROSS ROMANIUK
ross.romaniuk@metronews.ca

At least two years before Saskatchewan's next general election, Premier Brad Wall's administration has launched an advertising attack on NDP Leader Cam Broten.

Does this mean that the governing Saskatchewan Party views the New Democrat leader as a threat? Or, perhaps, that it's taking a page from Prime Minister Stephen Harper's playbook?

Wall says the TV spot that began airing in the past few days — casting the new leader as a continuation of a tired, old NDP — is only an attempt to point out to the public what Broten is about.

"Mr. Broten has now been the NDP leader for six months. Right now, there's no new policy," Wall said Tuesday, suggesting that Broten is a lot like Dwain Lingenfelter, who led the party in the 2011 election.

"That was a $5-billion policy that the NDP ran on in the last election. That would result in increased debt, result in deficits and increased taxes."

Broten said he's not surprised by the ads and that they don't bother him.

"What I really wish is that this government was focusing on the issues," Broten told Metro, citing primary and secondary education and care of seniors as examples.

"This government wants to re-fight the 2011 election. I'm focusing on the future," he said, noting that the NDP has a "game plan" for the road ahead. "I'm a new leader. We'll have a new election and a new platform."

Branding strategy

"I guess this is an attempt to define Broten early.... Get an image set in people's minds of who this guy is before he gets a chance."

Tom McIntosh, University of Regina political science professor, saying the ad "might well be" replicating Tory efforts against former Liberal leaders Michael Ignatieff and Stephane Dion

YES!
On Sept 25 vote to
Keep water public!

Today, September 25 vote YES to keep Regina's water system public
For info or a ride to the polls, call:
306.988.1754
Regina Water Watch

Wed, Sept 25

Vote YES!

Vote YES to keep Regina's entire water system public.

Vote YES to put public accountability ahead of corporate profit.

Vote YES to stop City Council from locking us into a 30-year secret deal.

Vote YES to save public funds and pay lower utility rates.

TODAY

Here's why we're voting YES!

"*We're voting YES so our son won't have to wait 30 years to have a say in this. Water is a vital resource that must always remain public.*"

Marc Spooner and Karen McIver
Regina family

"*I'm voting YES because democracy has been skewed. I don't like the secrecy around costs or the unethical way public money is being spent to tell citizens how to vote, instead of providing broad information and letting us make up our own minds.*"

Grace Jasper
retired social work administrator

"*Regina's citizens deserve transparency and accountability. You can't separate the parts of the water cycle. Try telling the people downstream that our waste water isn't water.*"

Christina Mickleborough
graduate student

"*I'm voting YES for democracy. I want City Council to know they shouldn't favour private profit over public good, or use our money to tell us how to vote.*"

Catherine Gibson
retired pharmacist

"*This P3 privatization deal puts taxpayers on the hook for corporate profits. Not for five or ten, but for THIRTY years. I'll be in my 50s in thirty years – I don't want my children paying for a mistake we made in 2013.*"

Nathaniel Cole
bartender, recent U of R graduate

Polls open today from 9 am to 8 pm

BALLOT QUESTION

That the Council of the City of Regina publicly finance, operate and maintain the new wastewater treatment plant for Regina through a traditional Design, Bid, Build (DBB) approach.

For more info or a ride to the polls, please call:

306.988.1754

Regina Water Watch

Mountie Barbie has high heels, cinched waist, flowing red hair

Dolled up. As the RCMP faces ongoing lawsuits alleging sexism, a limited-edition doll making a 'fashion statement' is introduced

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Though Barbie has donned many outfits over the decades, she is now suiting up in Red Serge for a limited-edition Canada doll.

The Mountie Barbie is representing Canada as part of the iconic figurine's Dolls of the World collection and features the fun, fashionable female wearing the traditional attire of the Royal Canadian Mounted Police — well, with some slight modifications.

"She's got a great uniform," Bianca McGregor, marketing director at the RCMP Heritage Centre in Regina, said on Tuesday of the latest of thousands of outfits worn by the Mattel, Inc. doll.

"Her boots are a little bit high. She probably wouldn't have a heel, (as) that's not standard issue — so she is really making a fashion statement."

McGregor also pointed out that on the back of the doll's box, Barbie acknowledges that her long hair — about as red as her uniform, in this incarnation — would be up in a tight bun as an RCMP officer. And as a Mountie, she comes sans accessories.

"She really should have a horse, you know, because she is a member of the Royal Canadian Mounted Police," McGregor quipped, accentuating the word "mounted" to Metro.

The limited edition is being sold at the RCMP Heritage Centre as well as at the official Mountie Shop in Ottawa, with a portion of sales proceeds going toward the RCMP Foundation.

"Our job is to tell the RCMP story," explained McGregor, whose organization is at arm's length from the national police force, "and it's really neat that a brand as strong as Barbie would choose a brand as strong as the RCMP to represent their Canada doll."

McGregor said that since a shipment of Mountie Barbies arrived on Monday, the dolls have been flying off the shelves — with even a few RCMP members calling to reserve some for themselves.

Bianca McGregor, marketing director at the RCMP Heritage Centre, shows off Mountie Barbie. The doll features many non-standard issue details, including heeled boots, loose hair and a belt accentuating a tiny waist. ALYSSA MCDONALD/METRO

History is repeating itself in Regina

University of Regina professor Tom McIntosh METRO

An extensive research project on the province's health history has uncovered a 100-year-old report documenting the social ills of then-booming Regina, many of which continue a century later.

University of Regina professor Tom McIntosh says the September 1913 report shows a city struggling with rising inequality and an affordable-housing crunch — issues that have re-emerged amid the current boom.

"One of the lessons we're beginning to draw is that we really haven't come to grips with the right policy instruments to the problems we face," said McIntosh, associate director of the Saskatchewan Population Health and Evaluation Research Unit (SPHERU), which is conducting the research.

One of the more glaring similarities, according to McIntosh, is seen in the 1913 report's description of the downtrodden and economically deprived Germantown area in the city's east end.

Now known as the Heritage neighbourhood, McIntosh said First World War-era Germantown is described in the report as an impoverished community with a "relatively high crime" rate that was "socially and economically isolated" from the rest of Regina.

"It sounds an awful lot like people would describe North Central but with an entirely different population," the political-science professor said, noting many of those in Germantown were new immigrants, while North Central is home to a large contingent of First Nations people.

McIntosh speculates that such disparity issues are mirrored in most other urban centres dealing with sudden economic booms.

"Booms tend to be unevenly distributed," he said. "Not everyone benefits."

The report will be available in the near future on the SPHERU website.

MARCO VIGLIOTTI/METRO

Premier speaks out

Alleged hazing of high schoolers 'disturbing': Wall

Premier Brad Wall says news of an alleged hazing incident outside the community of Lanigan is very disturbing.

Wall says it's a disappointment, especially in light of the fact that bullying issues have been more prominent lately.

The premier says the government will report this fall on anti-bullying strategies and initiatives for the province.

RCMP have charged 11 teenagers — nine of them too young to be identified — with 39 charges including assault, assault with a weapon and assault causing bodily harm.

The charges came after a bush party Sept. 6 where some Grade 9 and 10 students were allegedly hit with a hockey goalie stick.

Police say they are aware of five alleged victims, but believe there are more teens who haven't come forward.

THE CANADIAN PRESS/CJWW

30 polling stations

Citizens to vote on wastewater plant

Voters in Regina are heading to the polls to decide the fate of a city hall proposal to build a wastewater plant using some private financing.

There are 30 polling stations across the city, open on Wednesday from 9 a.m. to 8 p.m.

The question on the ballot reads, "That the Council of the City of Regina publicly finance, operate and maintain the new wastewater treatment plant for Regina through a traditional Design, Bid, Build (DBB) approach."

City council is supporting the "No" option, while Regina Water Watch is on the "Yes" side. METRO

Panic in streets. People pray for protection as houses collapse in quake

Thousands of Pakistanis ran into the streets praying for their lives Tuesday as a powerful earthquake rocked a remote area in the southwest.

The quake killed at least 39 people and possibly created a small island off the coast, officials said.

The Pakistani military said it was rushing troops and helicopters to Baluchistan province's Awaran district, where the quake was centred, and the nearby area of Khuzdar.

Local officials said they were sending doctors, food and 1,000 tents for people who had nowhere to sleep as strong aftershocks continued to shake the region.

Most of the victims were killed when their houses collapsed, according to the chief spokesperson for the country's National Disaster Management Authority, Mirza Kamran Zia.

THE ASSOCIATED PRESS

Breaking the news: A woman takes to her cellphone after rushing from her apartment after the quake hit. THE ASSOCIATED PRESS

Mystery in Wales. Police hunt for a body amid village slavery probe

Welsh police arrested four people and combed the grounds of a stable outside the capital city, Cardiff, on Tuesday, hunting for a body in a long-running slavery investigation.

Gwent Police said more than 100 officers searched the grounds, as well as an apartment in Cardiff and a house in the small Welsh village of Penhow.

Those arrested are between the ages of 36 and 66.

The force said it was acting on suspicion that people were being kept in poor conditions at the site "and forced to work for no pay."

Police said an unnamed man — he is believed to be a Polish national — was recovered from the site on Monday and was being assessed by the police and personnel from the British Red Cross.

THE ASSOCIATED PRESS

Extensive search

Police believe a body might be hidden. Pictures published online showed black-clad officers picking through underbrush with rods and an excavator being deployed at the site.

Death sentences

Rapists show their faces at last

Four men sentenced to death in India for raping and murdering a young woman on a moving bus appeared at a New Delhi court as judges reviewed the penalty.

Three of the men uncovered their faces in public for the first time since the crime, while one wore a handkerchief tied over his face.

THE ASSOCIATED PRESS

Faces 20 years in jail

Cruise ship captain backed

The Italian captain of the shipwrecked Costa Concordia is getting support at his trial from representatives of the victims. They say faulty generators, pumps and elevators could have increased the casualty rate.

Francesco Schettino faces 20 years in prison if convicted of charges including manslaughter.

THE ASSOCIATED PRESS

Cold-blooded mall tweets unleashed

Atrocity in Kenya. As bodies piled up and a nation reeled in shock, mass killers took to Twitter to mock and threaten more horror

As the deadly attack unfolded inside Kenya's Westgate mall, the invading terrorists were callously spreading mayhem on Twitter.

They sent out tweet after cruel tweet, taunting the Kenyan military, defending the mass killings and threatening more bloodshed.

Twitter shut five accounts down. But each time the terror organization al-Shabab started a new feed.

The sixth account posted a photo Tuesday that purported to show two of the attackers "unruffled and strolling around the mall in such sangfroid manner."

The tweet mocked Kenya's security forces for their repeated assurances over two days — also tweeted — that the siege was nearly over.

It wasn't the first time al-Shabab has live-tweeted a terrorist attack, said J.M. Berger, a U.S.-based terrorism analyst who monitors the group's online presence.

The militants offered comments in real time or nearly so in recent attacks in Mogadishu and the attempted assassination of the Somali president.

But the drawn-out Kenya attack, which left at least dozens dead, brought the group to a much wider stage, amplified by its social-media savvy.

"The person who runs their Twitter account has obviously invested a lot of energy in the process of grabbing headlines," said Berger, who has called out al-Shabab before for violating Twitter's terms of service.

He did so again after the attack began on Saturday, announced by gunshots, grenades and the group's chosen hashtag, #Westgate. The account was closed.

A new feed opened and the handle was sent to journalists on the al-Shabab email list, with crisp assurances tweeted back to users who requested their names be added. But as the death toll rose — and images were broadcast worldwide of the terror, which included a bloodied woman and terrified children — the group found itself roundly condemned, and the tweets became more defensive: "Mujahideen have no desire to kill women & children and have done everything practically possible to evacuate them before attacking #Westgate."

The communications onslaught, which included back-and-forth tweets with Kenya's security forces, had police at one point appealing to "all Kenyans to ignore the propaganda of those intent on dividing us and breaking us down." THE ASSOCIATED PRESS

Too distraught to even weep: Relatives of a victim of the Kenya mall massacre comfort each other after they identify his body at the Nairobi city morgue on Tuesday. JEROME DELAY/THE ASSOCIATED Ppress

Quoted

"Those cowards will meet justice, as will their accomplices and patrons, wherever they are."

Kenyan President Uhuru Kenyatta, in a televised address to the nation

Kenya President Uhuru Kenyatta THE ASSOCIATED PRESS

President lists shocking toll

Kenya's president proclaimed victory Tuesday over the terrorists who stormed a Nairobi mall and unleashed a deadly spree of mass killings in a bloody four-day siege.

Security forces had "ashamed and defeated our attackers," President Uhuru Kenyatta said.

Kenyatta said the dead included 61 civilians whose bodies have been recovered so far and six security forces.

Some 175 people were injured, Kenyatta said.

But it seemed certain the number of confirmed deaths would rise as security forces searched the building.

Nairobi's city morgue had already braced for the arrival of a large number of bodies, an official said, with one government figure saying the morgue was preparing for an additional 60.

Explosions rang from the upscale Westgate mall in Nairobi throughout Tuesday. The chatter of gunfire could also be heard from inside the building.

Fresh smoke rose from the building in the afternoon.

Kenyatta declared three days of national mourning, starting Wednesday.

THE ASSOCIATED PRESS

The home page of Google's Constitute project, which can be found at Constituteproject.org. SCREENGRAB

Need to build a country? Google's got you covered

Politics. Metro talks to product manager Sara 'Scout' Sinclair Brody about a new database of founding documents

KIERON MONKS
Metro World News

Not content with its recent announcement of a life-extension clinic, Google has unveiled a program to help nations create constitutions. Constitute provides a database of every founding document and amendment across the world since 1789, broken down into topics for ease of reference. It has been endorsed by heads of state from Tunisia and Kyrgyzstan, and Sara "Scout" Sinclair Brody, Google Ideas product manager, says there is no catch.

How would you describe this service?
It's a tool, and a repository. It allows people to search and compare constitutions.

Are you responding to a demand for this?
There is a specific demand, uncovered by our partners at the Comparative Constitutions Project, who have been helping countries draft constitutions for years. They built a library and used to drag it around, and then used documents in the digital age. But we were able to get it all online with tags for each topic and a beautiful interface.

Are constitutions not outdated yet? Why do people argue over interpretation of a 300-year-old scroll?
For web junkies like me, we think of them as anachronisms — something men who have oil paintings made of them do. But five are being drafted every year, and on average they last for 17 years. I had no idea how relevant or current they could be — it can be a very political process with the power to generate improvements.

Should Google really be involved in the formation of nations, particularly those in crisis?
Some people think it's surprising — but they should realize this is a tool for providing information, rather than seeking to have an influence.

Market Minute

DOLLAR 97.07¢ (-0.16¢)

TSX 12,848.89 (+37.72)

OIL $103.13 US (-46¢)

GOLD $1,316.30 US (-$10.70)

Natural gas: $3.50 US(-10¢)
Dow Jones: 15,334.59 (-66.79)

Retail. Sears CEO departs as turnaround underway

Sears Canada's chief executive is leaving the retailer for another job, in a move that raises questions about the future of the company's turnaround plan in an increasingly competitive marketplace.

Sears said Tuesday Calvin McDonald, who has spearheaded a number of major initiatives to reposition the company, will be replaced as president and CEO by chief operating officer Douglas Campbell, who has been Sears Canada's chief operating officer since November.

The company said McDonald resigned to pursue an opportunity with a "leading international company."

Outgoing Sears CEO Calvin McDonald
TORSTAR NEWS SERVICE FILE
THE CANADIAN PRESS

At the University of Regina, we are working to ensure that First Nations and Métis knowledge and practices are reflected in all aspects of campus life.

As part of that commitment, we launched the Aboriginal Advisory Circle, which recommends to the President strategies aimed at reducing the challenges faced by Aboriginal students and employees. Earlier this year, we expanded the Aboriginal Student Centre, which houses services and programs to help students succeed. Most recently, we established a $1,000 bursary that is awarded annually to one student from each of Saskatchewan's 74 First Nations.

Self-declared Aboriginal students now represent more than 10 per cent of our undergraduate population – and we are creating curricula and programming to help to retain those students and make our learning environment as relevant and inclusive as possible for future students.

We're proud of our efforts to Indigenize our University, and of our longstanding reputation as a leader in Aboriginal post-secondary education in Canada.

GROWING NUMBERS
- 1,019 – Number of self-deicared Aboriginal students University-wide (Fall 2010)
- 1,293 – Number of self-declared Aboriginal students University-wide (Fall 2012)
- 968 – Number of faculty and staff who have taken Aboriginal awareness training since December 2006

University of Regina
www.uregina.ca

CAPTAIN KIRK AFRAID TO FLY?

JUST SAYIN'

Paul Sullivan
metronews.ca

"Space: the final frontier. These are the voyages of the Starship Enterprise. Its five-year mission: to explore strange new worlds, to seek out new life and new civilizations; to boldly go where no man has gone before."

The imaginations of multiple generations have been fired by that statement, first uttered by Captain James T. Kirk, a.k.a. Canadian-born actor William Shatner, on the opening episode of Star Trek in 1966. Shatner has been succeeded by a gallery of Star Trek captains, but when most of us think about boldly going etc., we think of William Shatner.

Which is why it's more than a letdown to learn that Shatner, now 83, has refused an invitation from Sir Richard Branson to be on the first voyage of the Virgin Galactic spaceship, scheduled to lift off on Christmas Day.

I mean, come on Jim — I mean Bill — it's hardly a five-year mission, just a short, two-hour jaunt, and it's not going very far: 100 kilometres above Earth, generally recognized as the border between our planet's atmosphere and space. It's the space travel equivalent of taking the stairs from the parking garage instead of the elevator.

Nonetheless, Kirk — I mean Shatner — isn't biting. That is unless Branson offers to pay his way, and can guarantee a safe return. Branson isn't taking any of this well and has accused the Captain of the Starship Enterprise of being afraid to fly.

That's like saying Spider-Man is afraid to hang off the sides of buildings.

I guess it's a compliment to Shatner that we still confuse an overweight octogenarian with a fantasy hero from a science-fiction future.

With him at the helm of the Enterprise at the onset of the voyage, Star Trek has grown to become more than entertainment. It's our imaginative bridge to real space exploration, making the whole idea viable in the minds of Trekkies everywhere — including engineers, astrophysicists, politicians, Metro columnists — influential people who prevent space travel from being written off as an inexcusably expensive luxury at a time when California, the most populous state in the U.S. and home of much of the space-flight industry, is on the verge of bankruptcy.

If we had any sense, we'd stop thinking about revisiting the moon or going to Mars, never mind trying to get to the moons of Saturn, or out of the solar system altogether and into strange new precincts of the galaxy. But staying home and sticking to your knitting is hardly inspiring.

Which is why Shatner's uncharacteristic lack of enthusiasm for a token space ride is so disappointing. He should know too that he's passing up the chance to travel with Justin Bieber and Ashton Kutcher, along with Mila Kunis, Leonardo DiCaprio and Russell Brand.

On the other hand, maybe you can't blame him. Not sure I'd boldly go to a mall opening with that crowd.

ZOOM

Blazing saddles ignite relief

NAOMI JELLICOE/REX FEATURES

Bikers amaze by riding across fire

They have just ridden the fiery apocalypse and come out alive. Two riders from the Findon Skid Kids, a cycle speedway club in the southern Australian city of Adelaide, safely emerge from a blazing-fire stunt jump, with hundreds of fans cheering in joy and relief. **METRO**

Hot hot heat

"We couldn't can it after 55 years. It is a tradition that is part of this club. Had the conditions been different — if it was windy — we probably wouldn't have done it."

Allan Staunton,
Findon Skid Kids president

Failed jump had left riders badly hurt

Six months ago, the Findon Skid Kids' time-honoured stunt ended in disaster after three teens were hospitalized with severe burns. The flaming cardboard the riders jumped through failed to break up as planned and instead stuck to the riders. **METRO**

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Sure, there's an appeal to subscribing to services like Sirius or Rdio, but the abundance of free streaming platforms has kept me from taking the plunge. SoundCloud is easily where I spend most of my streaming hours. Here's three of my favourite accounts to get you started.

CONTRIBUTED

Deep and Disco

Exactly what it sounds like: modern disco that's a perfect fit for any and all of your workout playlists. Or just leave it streaming on a lazy Sunday, and before you know it, you will have cleaned your entire house.

Domino Record Co.

A lovingly tended and eclectic U.K. record label that's home to a roster of artists — including Canada's Austra — that any other company should envy. No matter your taste, finding something new to love is a sure bet.

Modular People

An Australian label that sticks pretty close to electronic music that gets your feet moving. There's already a few hour-plus mixes uploaded to the account, so most of the work has been done for you.

Letters

Youth suicide is a very pressing issue. A solution is to help the children openly express their emotions.

With this is mind, a Toronto hospital recently launched a new program: an interactive video game.

This cannot be a solution, especially directed to the young audience. Even with parental monitoring, youth in today's generation are playing hours a day. If instead, the children are encouraged to play video games, problems will start to arise.

After realizing that video games are completely permissible, children will start to expand their gaming territory to other video games and genres. Before you know it, they are attached to the television with a pair of headphones, and a controller glued to their hands.

Although suicidal thoughts are set aside because of the new addiction, results of addictive video gaming include neglected academic progress, bad influences and social isolation, studies suggest.

An alternative like video games is not the answer. Parents should be spending more time with their children. Simply put, parents are the most important people in a child's life.

Janet Li, Mississauga, Ont.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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Offer ends September 30

fido

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1 GB of data[4]
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Offer ends September 30, 2013 and is subject to change without notice. Plan available only in Manitoba and Saskatchewan. **1.** Smart plans available monthly or with a 2-year Tab24 agreement. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. Subject to the Fido Terms and Conditions and Acceptable Use Policy; **fido.ca/terms**. **2.** Plan includes messages sent from Canada to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. **3.** Airtime includes calls from Canada to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). **4.** Additional data: $10/1 GB; charged in $10 increments. U.S. data roaming is $7.99/50 MB for 24 hours and International data roaming is $10/MB for Europe and $15/MB for all other applicable international destinations. Visit **fido.ca/roaming** for more information. **5.** Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. © 2013

Regina Referendum

Wednesday, September 25, 2013

Referendum on the construction, financing, operation and maintenance model for the Wastewater Treatment Plant

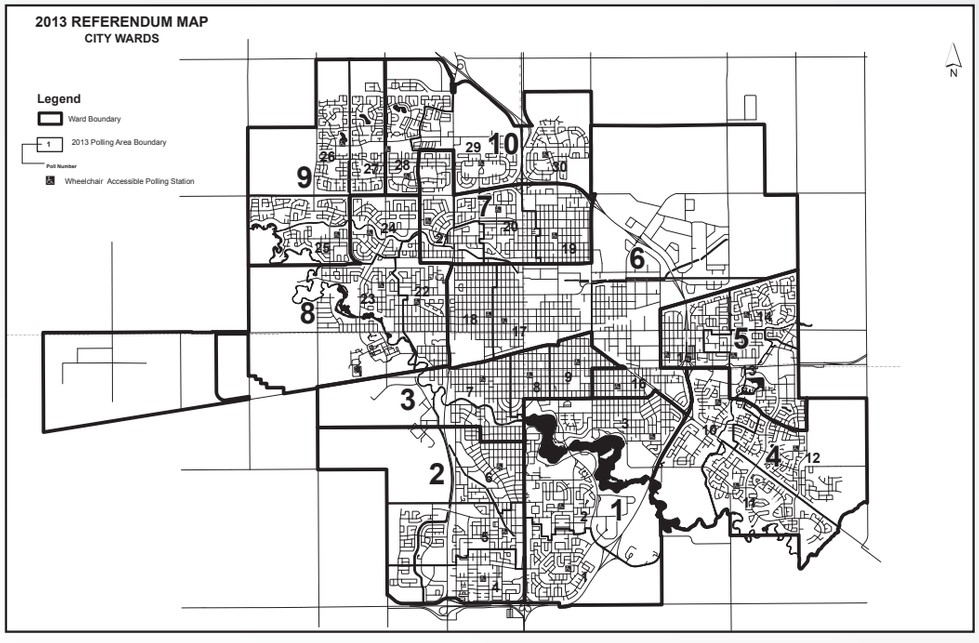
Voters will be asked to vote for or against the following resolution on the ballot:

> "THAT the Council of the City of Regina publicly finance, operate and maintain the new wastewater treatment plant for Regina through a traditional Design, Bid, Build (DBB) approach."

Regular polls will be open on Wednesday, September 25, 2013, from 9 a.m. until 8 p.m. at the following locations:

Ward No.	Poll No.	Name and Location
1	1	St. Matthew School – 4710 Castle Rd.
1	2	St. Anne's Catholic Church – 1701 Cowan Cres.
1	3	Douglas Park Elementary School – 635 E Douglas Ave.
2	4	Dr. A.E. Perry School – 93 Lincoln Dr.
2	5	Deshaye Catholic School – 37 Cameron Cres.
2	6	St. Pius X School – 3301 Garnet St.
3	7	Connaught School – 2124 Elphinstone St.
3	8	YMCA – 2400 13th Ave.
3	9	Trinity Evangelical Church – 1909 Ottawa St.
4	10	Wilfrid Walker School – 2102 E Wagman Dr.
4	11	W.S. Hawrylak School – 2530 Assiniboine Ave. E
4	12	Jack MacKenzie School – 3838 Buckingham Dr. E
5	13	F.W. Johnson Collegiate – 400 Fines Dr.
5	14	St. Theresa School – 2707 7th Ave. E
5	15	Glen Elm Church of Christ – 1825 Rothwell St.

Ward No.	Poll No.	Name and Location
6	16	Core/Ritchie Neighbourhood Centre – 445 14th Ave.
6	17	Albert Community School – 1340 Robinson St.
6	18	Albert Scott Community Centre – 1264 Athol St.
7	19	Imperial School/Community Centre – 200 Broad St.
7	20	Gladys McDonald School – 335 N Garnet St.
7	21	Elsie Mironuck School – 18 Wakefield Cres.
8	22	Martin Collegiate – 1100 McIntosh St.
8	23	St. Francis School – 45 Mikkelson Dr.
8	24	St. Joan of Arc School – 10 Dempsey Ave.
9	25	St. Josaphat School – 140 Greenwood Cres.
9	26	Northwest Leisure Centre – 1127 N Arnason St.
9	27	Holy Family Parish – 1021 McCarthy Blvd. N
10	28	Henry Janzen School – 222 Rink Ave.
10	29	St. Timothy School – 280 Sangster Blvd.
10	30	St. Gregory School – 302 Upland Dr.



Mail-in ballot opportunities will be provided until September 24. Please refer to **ReginaReferendum.ca** for application information.

Two pieces of identification are required to vote.

Free Transit and Paratransit service will be provided on referendum day and on advance poll day for voters.

Visit **ReginaReferendum.ca** or call 306-777-7000 for voting information.

Scarlett Johansson doesn't care about your love life

Interview. The Don Jon star talks about image, the Internet and having a private life away from stardom

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt, left, and Scarlett Johansson star in Don Jon. CONTRIBUTED

Don Jon writer-director-star Joseph Gordon-Levitt says he wanted Scarlett Johansson as his co-star in part because she herself has been a victim of a certain amount of objectification within pop culture.

But while Johansson is happy for the implied compliment, she doesn't think she's all that special.

"I think that sure, I've been a victim, if you want to say, of that as much as anybody else. I don't feel particularly affected by that more so than any other person in the spotlight, I guess," she says. "But I think it's something that I've used — my own status as a sexiest whatever you want to call it or whatever it is, a label you want to put on it — I've been able to use to my advantage while trying to avoid getting pigeonholed as much as possible. I don't want the work that I do to feel like a reaction to the fact that I'm trying to get away from that."

Speaking of getting away from that, Johansson keeps away from the vast swaths of Internet devoted to her beauty and private life.

"I stopped my Googling myself," she admits. "Nothing good ever comes out of it. It's best to avoid it. Gives you an inflated idea of yourself, as well. You suddenly feel like everybody's paying attention to you all the time."

Of course, in her case she might be right — even if the idea still strikes her as odd.

"The other thing is, why do you care? You don't know me," she says. "It always makes me wonder why anybody cares. I don't particularly care to know how any person I don't know, about their romantic life. I mean, I guess we're all nosy in some way, but it's something that seems unrelated in my mind. I mean, I know people like celebrities and maybe that gives them something to dream about. I don't know."

That's not to say Johansson wants any of that content eradicated — or even regulated in any way.

"There are no rules; that's the Internet. There's no rules. You can't impose them, then we'd be living in China," she says.

"If you want to have a free country or whatever, you can't impose any regulations on the Internet. Anyway, it's impossible. Again, unless you're living in a country that has a restricted access, and then who's to say exactly what should and shouldn't be regulated? It's an impossible task."

In control

What she really wants to do is direct. And it might not be far behind.

- **Taking the chair.** While pal Joseph Gordon-Levitt might have beat her to the director's chair with Don Jon, Scarlett Johansson won't be far behind. "I'm actually directing a film next summer, which is an adaptation of a (Truman) Capote novella called Summer Crossing," she says. "It's something I've been working on for what feels like forever. It's been about six years, and we're finally going to do it."

Quick interview

Danza talking about Don Jon

A few weeks ago, Taxi turned 35. That and Who's the Boss? are what Tony Danza is best known for — but he's always been busy. The one-time boxer who stumbled into acting is now back in a medium that hasn't always treated him well — movies. Danza plays Joseph Gordon-Levitt's dad in Don Jon.

Your character in Don Jon isn't very redemptive.
He's not redemptive at all. But everybody you play you love. Tommy Korman in Honeymoon in Vegas is a manipulator and not a nice guy, and at the end he actually gets rough. But I love him.

How was Joseph Gordon-Levitt as a first-time feature film director?
He's terrific. He wrote a movie that captures the culture of the minute and makes us laugh, and there's a message that — he's not proselytizing, but it's there. It's a cautionary tale; a comment on society.

MATT PRIGGE/ MWN

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Jessica Alba. ALL PHOTOS GETTY IMAGES

Alba wishes she had lived it up in her pre-mom body days

Not that Jessica Alba is saying she has a bad body now, but she wishes she'd taken advantage of it before she became a mother of two.

"I was a lot more critical of my body when it was probably pretty awesome," she tells Health magazine. "It's like, why did I not ever wear jean shorts? That's so crazy. I was so skinny! I didn't have any cellulite. What was I thinking?"

The Word

It's Twerk Girl to the rescue

Do you think Miley Cyrus ever regrets becoming the poster child for twerking? I mean, she's clearly into it, but I bet everywhere she goes now, people are like, "Twerk, Miley, twerk! Twerk in this dry cleaners! Twerk in this hat!" and probably sometimes she is like "Sigh, not now, I am trying to enjoy this TED talk."

But she is Twerk Girl now. So she has to do it. That's probably how she ended up twerking with a monkey in a cowboy costume on her back, anyway.

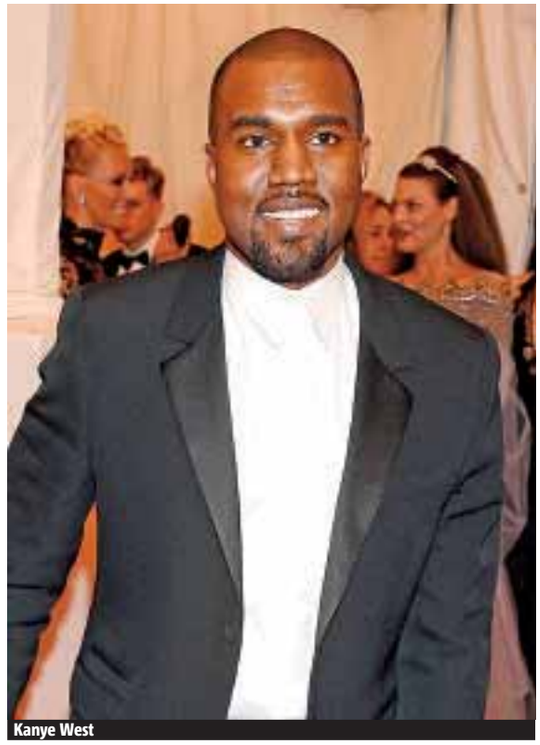
Miley tweeted a photo of the simian pas de deux. It doesn't actually look like there's much twerking going on, since she's sprawled out on the floor, but the monkey does look terrified, so maybe there's more motion than I can see.

Miley also tweeted a photo of her humping a big furry muppet-looking gentleman, but that was just for fun I'm sure.

In any event, Miley has obviously learned nothing from her much-panned performance at the VMAs. In fact, it seems like our tsk-tsk-ing is only feeding the low-rent Gwen Stefani-wannabe beast. Case in point: she not only wore this outfit to the iHeartRadio Music Festival this weekend, but she also butt-slapped a twerking little person and sang into a banana microphone. I mean, we already have one Ke$ha. Do we really need another? MELINDA TAUB/MWN

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Kanye West

What's next Kanye? You're bigger than Jesus?

Kanye West is kind of a big deal, at least according to Kanye West, who refers to himself as "the No. 1 rock star on the planet" in an interview with BBC Radio 1.

"I've got to a point that Michael Jackson did not break down. I have reached the glass ceiling, as a creative person, as a celebrity … and I've been at it for 10 years," he says. "I look around and I say, 'Wait a minute. There's no one around here that looks like me. And if they are, they're quiet as f—.' So that means, wait a second — now we're seriously, like, in a civil rights movement."

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Neil Patrick Harris

NPH over these hosting gigs

Frequent awards show host Neil Patrick Harris is apparently looking to make that a little less frequent after this weekend's Emmys.

"Emceeing the Emmys was fun, but I'm sure glad it's over," he posted to Twitter. "Looking forward to not hosting anything for a long time."

Twitter

@mindykaling
I just learned the difference between poisonous and venomous. Worth checking out. This isn't a joke just because it sounds boring.

@TomArnold
Just bragged to my 5 month old that daddy knows Peyton Manning because I want him to love me.

@Real_Liam_Payne
Girls behind the hotel please get out the fields there's a huge sign saying snake habitat it's just not worth it someone's gunna get hurt

The stein for beer has come

Oktoberfest. Once a year North Americans raise their glasses to Bavarian love. Here's where to imbibe

JANET CHOI
Metro World News in New York

You don't need to head to Munich to toast to Oktoberfest. ISTOCK

What started out as a celebration to mark the marriage of two Bavarian royals in 1810 has turned into a global annual kegger. The mother of all Oktoberfests is a 16-day, beer-fueled party in Munich, Germany, that has spawned countless imitations. Here are a few in North America that will be worth your time and sobriety.

Oktoberfest Denver
Denver, Colo.
Sept. 27-29, Oct. 4-6

Though it doesn't have strong German roots, it's no surprise that the Mile High City boasts what USA Today and Maxim magazine have touted as The Best Oktoberfest in the United States. Denver appears to be vying for the title of America's Beer Capital with its respected breweries, brew pubs and the largest beer festival in the country.

Oktoberfest Denver will offer the requisite "Food, Bier, Music and Stein Hoisting" at its fest. In addition, David Hasselhoff loyalists will be pleased to hear that the 5K run, Das Hustlehoff, will pay tribute to The Hoff, and each runner will receive a free Das Hustlehoff shirt.

For the real deal

Leavenworth Oktoberfest
Leavenworth, Wash.
Oct. 4-5, 11-12, 18-19

Once the headquarters for the Great Northern Railway, the city of Leavenworth found itself struggling after the railroad relocated early in the 1900s. In 1962, a committee was formed, its sole task to revitalize the city's economy — by turning Leavenworth into a replica of a Bavarian village.

Helen, Ga.
Through Oct. 27

Helen is a former logging town that underwent a similarly Bavarian transformation. Once there, you can also take in the late- October fall foliage.

For the procrastinators

Tulsa Oktoberfest
Tulsa, Okla.
Oct. 17-20

The Munich Oktoberfest ends the first weekend in October, and in case you have too much on your plate to participate in a timely manner, there are a number of celebrations that are planning to oompah-pah well into the end of October.

Tulsa Oktoberfest is one of the most popular celebrations around the country, and for good reason — namely, keg rolling contests. But this year's celebration has already been hit with controversy before the first pitcher has even been poured: organizers are doing away with the 64-ounce pitchers and replacing them with 34-ounce souvenir steins. Many are crying foul at the downsizing, but will probably just end up drowning their tears in steins full of beer.

Canada's take on Bavaria

- **Kitchener/Waterloo.** Oct. 11-19. Running since 1969, Kitchener, Ont.'s Oktoberfest began as a way to celebrate the community's German heritage. It's now grown into the largest Bavarian festival in North America and includes a Thanksgiving Day parade. There are 40 events fest goers can choose from, including a Stein and Dine, a five-kilometre run, a car show and plenty of musical entertainment. For more info visit oktoberfest.ca.

Insurance

When your sailing isn't so smooth...

ON THE MOVE
Loren Christie
life@metronews.ca

Deciding whether to purchase travel insurance might be the single most important decision you make as part of your holiday planning.

At a minimum, every single traveller should purchase full medical travel insurance. Whether or not you have a pre-existing condition, anybody can be adversely affected by changes in time zones, climate and diet. Tropical diseases can strike with no warning and of course, car accidents and random injuries could happen to anyone. The cost of overseas medical attention could be crippling to your family.

A good policy will cover all emergency care, which is defined as a sudden event that makes it necessary to get immediate medical treatment. Routine health checkups and non-emergency care are normally not covered.

Trip cancellation and trip interruption coverage are less important. It's really up to you to weigh the impact of losing your vacation investment should you not be able to follow through with your holiday plans. You might also consider additional options such as coverage for lost or damaged baggage, particularly if you are travelling with something valuable.

For a comprehensive travel insurance package, including travel medical, trip cancellation and trip interruption coverage you should count on paying between $100 and $125 per person.

Before buying insurance, check the fine print and understand what you are covered for. There are some general exceptions to coverage to watch for. For example, people who are travelling to play in a sports event or travellers who get injured as a result of being dangerously drunk may be denied coverage.

If you are counting on the insurance coverage offered by your credit card to cover you, make sure you have purchased your vacation package with that credit card.

Carry your travel documents, policy number and emergency contact number for your insurance provider with you at all times. In order to receive a full reimbursement, you may be required to call the emergency contact before going to the hospital.

Travel insurance gives you security. ISTOCK

metro

FALL CAR CARE

Wednesday, September 25, 2013

Crank up the preparation

New season. Now is the time to get your vehicle ready for winter before the deep freeze sets in

One of the steps to ensuring that your vehicle is ready for the winter is to check the pressure of your tires. COLOURBOX

PHILIPPE CROWE
For Metro

Fall means it's time to get your vehicle ready before the deep freeze sets in.

Preparing a vehicle for the winter can be done easily by going through the following steps.

This first step needs little more than your eyes and your tire pressure gauge as tools. While parked on a level surface, walk around your vehicle looking for minor dents, mouldings starting to let go, or accessories not secured properly anymore. The idea here is to be sure nothing will be knocked off by snow and ice during the winter, as well as spotting minor rust spots that could get worse after another harsh winter.

Follow this step by checking the pressure of the tires.

Once the outside has been checked, open the door and make sure the seals are in good shape, preventing slush and snow from entering the vehicle.

While the driver door is open, release the hood and make sure all fluids are at the proper level.

This includes engine oil, transmission oil, power steering and brake fluids, as well as engine coolant. If you are not at ease with this, learn how to check engine oil and your mechanic will handle the rest.

Just like your own annual physical check-up, your car needs at least one annual visit to the mechanic. Ideally two. There, you can get the oil changed for the appropriate winter viscosity, and your trusty mechanic will make sure all the fluids are topped up.

Your mechanic should also check the battery, inspect and lubricate the braking system and ensure your suspension is in good shape. Finally, an inspection of the car's ventilation, including the defrost function, will ensure you will be able to see clearly through the windshield all year long.

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Clean cars last longer

Nothing holds more truth than the statement saying a clean car is a long-lasting one. A car's paint and exterior components need extra protection to be able to handle winter's harsh environment. Here is how to help your vehicle stand up.

First off, it's important to wash the vehicle thoroughly. This means using a proper automotive detergent, not dish soap, since dish soap will strip your paint of its needed protection.

Work from the top of the vehicle down because the lower portions of the car are usually the dirtiest. Tree sap, tar and other stubborn goop will need special attention.

While drying the car with a dedicated natural or synthetic chamois, soft cotton or microfibre towels, inspect the paint. Rock chips and various minor hits may have led to small spots where the paint is scratched or dinged. Even if not deep, take care of it before is rusts. You can do so by getting a colour-matched touch-up kit at your dealership or an automotive store.

A coat of wax will act like a barrier between abrasives and the paint, helping it last longer. The key to waxing is to use a quality product — start with a clean, cool-to-the-touch vehicle, and don't rush it.

A coat of wax will act like a barrier between abrasives such as road salt and your vehicle's paint. CHANCHAI SUTTIPRAPA/COLOURBOX

Mothers Polishes' experts say it best. "The formula for success is simple — select a body panel to work on, and apply your wax evenly and lightly in parallel movements. Then buff the hazed wax with a 100 per cent cotton towel or microfibre cloth."

Experts from Meguiar's offer the following advice. "Avoid turning your application cloth over to its other side to apply a different product because some ingredients may penetrate through and change the chemical balance of the product. Avoid putting pressure on tops of ridges where your car's paint is the thinnest." PHILIPPE CROWE

Accessories. What should you have?

PHILLIPPE CROWE
For Metro

Some windshield wiper manufacturers offer special winter blades that have a rubber boot covering the arm assembly to keep snow and ice out. CONTRIBUTED

Winter imposes its own requirements on a car's systems. Luckily, accessories exist to make the season at the wheel easier.

The first that comes to mind is a snow scraper. Some exclusively scrape ice, others are of the brush type for snow and others do both, but think of having two in the vehicle. Why two? Have you ever broken one when the windshield is still covered with ice? You will be happy for the spare, even if it is an old, dull one.

Test windshield wiper blades by spraying windshield washer fluid to see if your wiper blades are leaving streaks on the windshield. Such streaks are an indication that it is time to replace them.

Some wiper manufacturers offer special winter blades that have a rubber boot covering the arm assembly to keep snow and ice out. Another type that works well in winter is the beam blade. Instead of having multiple metal pieces obstructed by snow or dirt, the wiper is made of a low-profile, bracketless blade consisting only of a metal tension strip, rubber element and connector.

A block heater is a small heating element located alongside the engine that, when plugged in, will warm up either the engine oil or coolant. Oil can become as thick as molasses in extreme cold temperatures and a block heater will help the engine start easier, as well as boost the operating temperatures, meaning less wear on the engine, as well as quicker heat inside the vehicle.

It's easy to forget that with the advent of remote locks it's easy to forget that access to our vehicles relies on being able to unlock the doors. A lightly frozen lock will usually be freed up by the use of the remote unlocking function, but a well frozen lock will prevent anything from unlocking. Having some lock de-icer handy, combined with a good lock lubrication in the fall, is the best way to be able to gain access without having to call for help.

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Stick with winter tires

PHILLIPPE CROWE
For Metro

Winter tires excel not only on snow, but also on ice and on clean, but cold and frozen pavement. NOKIAN TIRES PHOTO

Choosing the proper set of winter tires can be a challenge. While prices, quality and type of winter tires vary, one thing is for sure — they are needed for Canadian winters.

Wrongly referred to as snow tires, winter tires excel not only on snow, but also on ice and on clean, but cold and frozen pavement.

The official way to identify a proper winter tire is by looking on the sidewall for a logo showing a snowflake in a mountain.

Winter tires now come in two groups. There is the traditional winter tire, which can be studded or not, and needs to be replaced with a car's original summer or all-seasons tires when warmer weather returns.

Launched three or four years ago, the all-weather tire is a winter-rated tire worthy of the snowflake logo, but designed to be used all year long. The rubber compounds and structures of these tires were designed to maintain wear properties that allow the tire to be used year round in areas where winter conditions may be mild or uncertain.

Choosing between studded or non-studded winter tires depends on your needs. Both alternatives are wear-resistant and offer great driving qualities.

You can choose the type of tire that best matches your needs by considering the four following questions:

• Snowy or icy roads. If you drive more on icy roads than on snowy ones, studded tires are the choice for you. Non-studded winter tires are a better choice for snowy roads.

• Wet ice and packed snow. Studded tires are superior to non-studded winter tires on wet ice and hard-packed, almost icy, snow.

• Quiet tires. If you appreciate tires that are quiet on bare roads, non-studded winter tires are the right choice.

• Unpredictable fall conditions. Non-studded winter tires can be mounted earlier in the fall than studded tires. Once you have mounted non-studded winter tires, you don't need to worry about rapidly changing road conditions in the fall. Non-studded winter tires are also a good choice in spring, when temperature changes can be surprisingly quick.

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Interior. Start season on a clean note

PHILLIPPE CROWE
For Metro

Winter is a messy affair when it comes to the interior of a vehicle.

The key is to start winter with a vehicle as clean as possible. No one really wants to clean while it's freezing outside — plus most cleaning products won't work properly, if at all, when it's cold.

Start by cleaning the dashboard, door cards and all surfaces of the interior. This can be done with a damp cloth, or with a mild detergent specially made for a vehicle's interior.

Always work top to bottom since dirt will fall down as you go. Do not forget to wipe the steering wheel, the shifter and any part regularly touched since they will be the dirtiest.

Cleaning the windows is a step many forget, but is crucial for safety. Clean windows will allow better visibility and allow for quicker defrosting and defogging. A dedicated automotive cleaner should be used if you have tinted windows. Not to be forgotten are the rear view mirrors.

Seats need a good scrub. If they are fabric material, they should be vacuumed and then cleaned with an automotive-specific cleaner; if they are leather, they should be wiped with a leather-specific cleaner, followed by a good leather conditioner. This will help the leather resist the beating it tends to go through, going from frozen to warm when the seat warmer is at its maximum setting.

Next should be the carpets. They need to be vacuumed and any dirt debris or greasy residue needs to be removed. To make the job go faster, start with a soft, natural bristle brush to loosen clingy dirt and use specific automotive carpet detergents.

This should be followed by a good carpet treatment to prevent salt and winter dirt to do damage. The same treatment can be used on fabric seats.

Keep in mind that any chemical treatments for carpet and upholstery need to have a minimal dirt environment to work properly.

Having the proper equipment on hand and the right attitude at the wheel is important when driving during the winter. CONTRIBUTED

Steer clear of winter hazards

Winter has a knack of bringing the worst out of a car or a driving situation. Add to this weather that can change in an instant and being ready for the unexpected becomes essential.

Whether leaving on a cross-country trip or just running errands, having the proper equipment on hand and the right attitude at the wheel is important.

Many of have been in a similar situation — you parked the car for a couple of minutes to go into a store and return to find the road cleaning crew passed, leaving a foot-high mix of hard-packed snow and slush against the wheels, challenging even the best four-wheel-drive systems. Keeping a shovel in the trunk is a good idea.

Also helpful is a small bag of sand or kitty litter. Spreading some on an icy surface will allow enough traction to leave that parking spot.

A set of traction helpers can be handy. These can be made of metal, plastic or various composite materials. They all work the same way — place them against tires, then step carefully on the gas. The tire will grip the traction helper and allow movement.

Winter driving checklist

- Warm winter gloves, toque and boots
- Blanket or extra clothing
- Bag of sand or kitty litter
- Small shovel
- Ice scraper and/or snow brush
- Snacks for energy
- Extra windshield washer fluid
- First aid kit
- Hard copy of local map (not just a GPS unit)
- Flashlight and batteries
- Flares
- Waterproof matches
- Battery jumper cables

A driver's attitude at the wheel is often the difference between making it home or exploring the ditch.

PHILLIPPE CROWE

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Is this privatization? NO

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Is there a secret deal? NO

The City has only held back information that would interfere with getting the best contract with the bidders on the project, or would give one bidder an advantage. This has nothing to do with a P3 process – this is standard practice. Full details of the final contract will be made public.

Will a P3 cost more? NO

The P3 is a fixed price contract. The contractor will pay if the project is late, or for any cost overruns, NOT the taxpayer.

Vote NO to losing $58.5 million in federal funding.

Vote NO to paying an additional $276 for utilities each year.

September 25, 2013 is referendum day.

The question on the ballot will be:

By voting NO you are in favour of building our sewage treatment plant through a P3 partnership.

That the Council of the City of Regina publicly finance, operate and maintain the new wastewater treatment plant for Regina through a traditional Design, Bid, Build (DBB) approach.

YES ◯	NO ●

Regina.ca

City of Regina | REGINA Infinite Horizons

Oh, put a steak in it already

Penne with Steak, Plum Tomatoes and Pesto

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great pasta dish with tender slices of beef and a light pesto sauce. Feel free to substitute chicken breast or sautéed shrimp for the steak. If basil is expensive, try a mixture of green leaves such as parsley, spinach, arugula or cilantro.

Ingredients

- 6 oz thinly sliced beef steak such as New York strip

Pesto Sauce

- 1 1/2 cups packed fresh basil
- 3 tbsp olive oil
- 3 tbsp Parmesan cheese
- 2 tbsp toasted pine nuts
- 1 1/2 tsp minced garlic
- 3 tbsp chicken stock or water
- Dash of salt and pepper
- 12 oz penne
- 1 tsp vegetable oil
- 1 tsp minced garlic
- 1 1/3 cups chopped onions
- 1 3/4 cups sliced mushrooms
- 2 1/4 cups chopped fresh plum tomatoes
- 1/2 cup green peas

1. In nonstick skillet sprayed with vegetable spray, cook beef just until desired doneness. Drain and set aside.

2. Pesto: Put basil, olive oil, Parmesan, pine nuts and garlic in food processor; process until finely chopped. Gradually add the stock through the feed tube and process until smooth. Add salt and pepper. Put pesto in serving bowl.

3. In large pot of boiling water, cook the penne until tender but firm.

4. Meanwhile, heat oil in nonstick skillet over medium heat; cook garlic and onions for 4 minutes until brown. Add mushrooms and sauté for 4 minutes until tender. Add tomatoes and peas and cook for 2 minutes more to heat through.

5. Place drained pasta in serving bowl along with vegetables and steak; toss and serve. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

Drink of the Week

Power Hour Sour

Cheeky and flavourful, this sour drink with an interesting addition of egg white packs a punch!

- 2 oz Belvedere Vodka
- 3/4 oz fresh lemon juice
- 3/4 oz simple syrup
- Dash egg white (optional)

Shake and strain over cubed ice into a rocks glass. Garnish with a wedge of lemon.

PHOTO AND RECIPE COURTESY BELVEDERE

4 SPORTS

Hockey

Crosby's mom joins CWHL board

Sidney Crosby's mother, Trina, has accepted an invitation to join the board of the Canadian Women's Hockey League. She is making the move to become more involved in women's hockey because of a conversation with her 17-year-old daughter. THE ASSOCIATED PRESS

Lance Armstrong

U.S. feds vie for lawsuit to proceed

Justice Department lawyers urged a federal judge not to dismiss the government's fraud lawsuit against Lance Armstrong, arguing the U.S. Postal Service was tainted by its sponsorship of his team while he used performance-enhancing drugs to win the Tour de France.

The Postal Service, which insists it didn't know about a drug regimen that was exposed last year, is permanently linked to what the government lawyers called "the greatest fraud in the history of professional sports" in court records filed Monday night.
THE ASSOCIATED PRESS

NBA

"I apologize. If you see me around town, come give me a hug, give me a kiss. I'll do whatever you want."

Shaquille O'Neal, who was introduced as a minority owner of the Kings on Tuesday in Sacramento. During the height of his career with the Lakers, O'Neal fuelled the rivalry with the Kings with his play on the court and verbal jabs at the city off of it.

Pirates relief pitcher Jason Grilli and catcher Russell Martin celebrate after Martin tagged the Cubs' Nate Schierholtz for the final out of Pittsburgh's 2-1 win on Monday. The team clinched a playoff spot for the first time since 1992 with the victory at Wrigley Field. BRIAN KERSEY/GETTY IMAGES

Shiver me timbers! It's playoffs for Pirates

MLB. Supporters flock to team's store to pick up hats, hoodies, T-shirts celebrating playoff berth

The image is seared into Pirates fan Chad Rowland's memory forever.

The slightly up-the-line throw from Barry Bonds. The dive to the plate by catcher Mike LaValliere. The textbook slide by Sid Bream. The Pittsburgh Pirates walking off the field in stunned silence after collapsing in the ninth inning of Game 7 of the 1992 NLCS. The Atlanta Braves piling on top of each other in jubilation on their way to the World Series. Even now, 21 years later, it still stings.

The tears were welling again on Monday night, this time for an entirely different reason.

This time, finally, the Pittsburgh Pirates were on the right side of history.

One of the sport's most beleaguered franchises is back in the post-season. Pittsburgh clinched a spot in the NL playoffs on Monday night when catcher Russell Martin tagged out Chicago's Nate Schierholtz at home to end a thrilling 2-1 victory at Wrigley Field.

Pittsburgh pride

"It's big for them, it's big for our community.... It's just awesome."
Pittsburgh Steelers coach Mike Tomlin

At a time of year when the Pirates are typically playing out the string and attention in the self-dubbed "City of Champions" turns to the Steelers and the Penguins, the Pirates — yes, the Pirates — are currently the hottest thing going.

"I've seen the Penguins win the (Stanley) Cup, I've seen the Steelers win the Super Bowl," Rowland said. "This is the one thing on my list.... I've been holding on to it forever."
THE ASSOCIATED PRESS

NFL. It's not delivery, it's surgery for Lions' Burleson

Two days after a victory that for this franchise was downright historic, the Detroit Lions are facing another dose of adversity.

Receiver Nate Burleson broke his arm in a single-car accident early Tuesday after he reached over to keep two pizza boxes from falling off the front passenger seat, authorities said. Surgery is scheduled for Wednesday.

Burleson's car hit a centre median wall on a highway in suburban Detroit and he was taken to a hospital.
THE ASSOCIATED PRESS

Quoted

"Nate'll be back at some point, and when he will, he will be a big contributor again to our team."
Lions coach Jim Schwartz on Nate Burleson

Winter Olympics

Final Sochi check underway

With the opening ceremony just over four months away, IOC inspectors are making their final visit to Sochi to check on preparations for the Winter Olympics.

The IOC co-ordination commission began its 10th and last visit Tuesday to the Black Sea resort — 136 days until the opening of the Games. The visit comes five days before the lighting of the flame in Olympia, Greece. THE ASSOCIATED PRESS

NHL. Senators rattle three past Reimer to top Leafs

Maple Leafs goalie James Reimer stole the show Tuesday night in a losing cause as the Senators won 3-2 in pre-season action in Toronto.

Zach Smith, Jim O'Brien and Colin Greening scored for the Senators, who did not dress Jason Spezza, Bobby Ryan or Erik Karlsson.

James van Riemsdyk and Dion Phaneuf scored for Toronto. Reimer made 34 saves in the losing effort.
THE CANADIAN PRESS

Leafs goalie James Reimer
THE CANADIAN PRESS

DRIVE

Be top of the class and learn to haggle like a professional

Autopilot. Consumer advocate Viraf Baliwalla has created the first workshop in car buying, allowing you to be one step ahead of the dealers

AUTO PILOT
Mike Goetz
drive@metronews.ca

New research suggests that some car buyers will negotiate better if they get all sweaty first. This is not about potentially using body odour and/or unsightly pit stains to force car sellers to cave in early during the negotiation process.

According to the MIT researchers, it's all about how "physiological arousal" — expressed as an increased heart rate and body sweat induced by running or fast walking just before a negotiation experience — can make some people perform better when it comes to hammering out the deal.

Unfortunately it just seems to work for people who look forward to negotiation. The arousal makes them feel "revved up" for the competition. For research participants who dreaded negotiating, "arousal" had the opposite effect. Increased heart rate and sweaty palms only increased their nervousness, and they almost always reported being bummed out about their subsequent negotiation experiences.

So the folk wisdom to always go into these situations "cool as a cucumber" may have to be revisited, especially if you like to haggle. Of course, there is another big tool you can leverage to get a better deal on a car — just learn how do to it properly.

One place you're not going to learn how to do it is in the dealership, when you're in the middle of negotiations, says Viraf Baliwalla, a consumer advocate and president of Automall Network, a vehicle buying agency. "It is not the salesperson's job to educate the buyer, it is their job to try and sell you a car," says Baliwalla.

He notes another reason not to look to your salesperson as your confidant: "The auto industry has conditioned us to buy in a certain way … a way that favours the auto industry."

Viraf Baliwalla of Automall Network wants to give consumers the edge through his car-buying workshops. AUTOMALL NETWORK

He says this is not "dealer bashing," only telling consumers the reality of the marketplace, where they need to be as prepared as the person is sitting across from them at the negotiation table. To this end, he has created one of the first workshops in the country on car buying. The first one will be held this Saturday at the Kitchener-Waterloo campus of Conestoga College in Ontario (Course Code GINTO292 Car Buying — Saving You Money).

Followup workshops at Conestoga are planned for November and January, and in Toronto for the 2014 winter term. An online version of the workshop is planned to be available to all consumers across North America sometime in the New Year.

The course will cover the tips and tricks of the auto trade, the process they will experience at the dealership and some number crunching too.

As an example, he notes how consumers typically choose a zero per cent financing option over a cash purchase rebate, even though in some cases they would save thousands by getting their own car loan at their bank at the going interest rate, and grabbing that big cash incentive. It's all in the numbers.

Knowledge sounds like a better tool in the long run than relying on a fast heart rate and a bit of sweat to swing the negotiation in your favour, but it's your call.

Mud and wood: The basis of car design

Driving force. Advanced computers may take over the latter stages, but most of today's car ideas start as lumber and clay

JIL MCINTOSH
drive@metronews.ca

How does a car come to be? Many of us picture a designer sketching a vehicle on a napkin in a moment of inspiration, and that's what makes it to the showroom a little while later. In reality, cars are created by teams of designers, some of whom work specifically on tiny details, and it can take three years or more.

"Design is not a linear process," says Adrian Van Hooydonk, senior vice-president of BMW Group Design. "We always do a design competition, meaning that I brief the design team, and the designers do lots of sketches. I look through them with my design managers, I select the most promising ones, and then together with the board of management, we select the exterior and interior designs that will lead the company into the future."

Many designs do actually start with a pencil sketch, but the bulk of the work is done with CAD (computer-aided design), which lets designers work on a virtual three-dimensional model. Eventually, many vehicles are also rendered in clay: the team builds a wooden frame and covers it with modelling clay to create a full-size version.

It's the final touch of realism that the computer can't create, and gives the designers an opportunity to check the vehicle's proportions and how it looks from all angles. If something isn't right, excess clay can be scraped away, or more clay added to change the lines.

While a group of designers is working on the exterior, another team is crafting the interior, which also usually starts with pencil sketches and CAD programs.

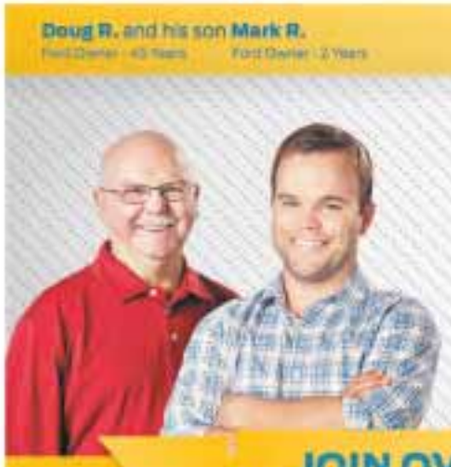
It's also common to make clay models of the inside, so that designers and engineers can actually reach for door handles, hold the steering wheel, or determine the best placement for switches and controls.

Making a clay model helps designers finalize their measurements. PHOTO: BMW

"We have an ergonomic department for the best possible arrangements of switches and displays," Van Hooydonk says.

"We have screens in the car, so we will need fewer switches, but there is more information coming in. Our task is to manage that, so that in future, complex vehicles will be easier again."

Hand-built concept cars for the auto show circuit can use all sorts of futuristic designs and materials, but when designers create production vehicles, the teams must work closely together to ensure that the vehicle has enough interior space, will meet safety standards and can be stamped out and assembled on a production line.



Doug R. and his son **Mark R.**
Ford Owner - 40 Years | Ford Owner - 2 Years

ENDS SEPT 30TH

Suzanne S. and her father **Bruce H.**
Ford Owner - 4 Years | Ford Owner - 20 Years

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Titanium model shown

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Titanium model shown

2013 ESCAPE SE

FWD 1.6L ECOBOOST

5.0L 47MPG
9.1L 31MPG

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10.6L 21MPG
15.0L 18MPG

Employee Price Adjustment	$4,423
Delivery Allowance	$7250
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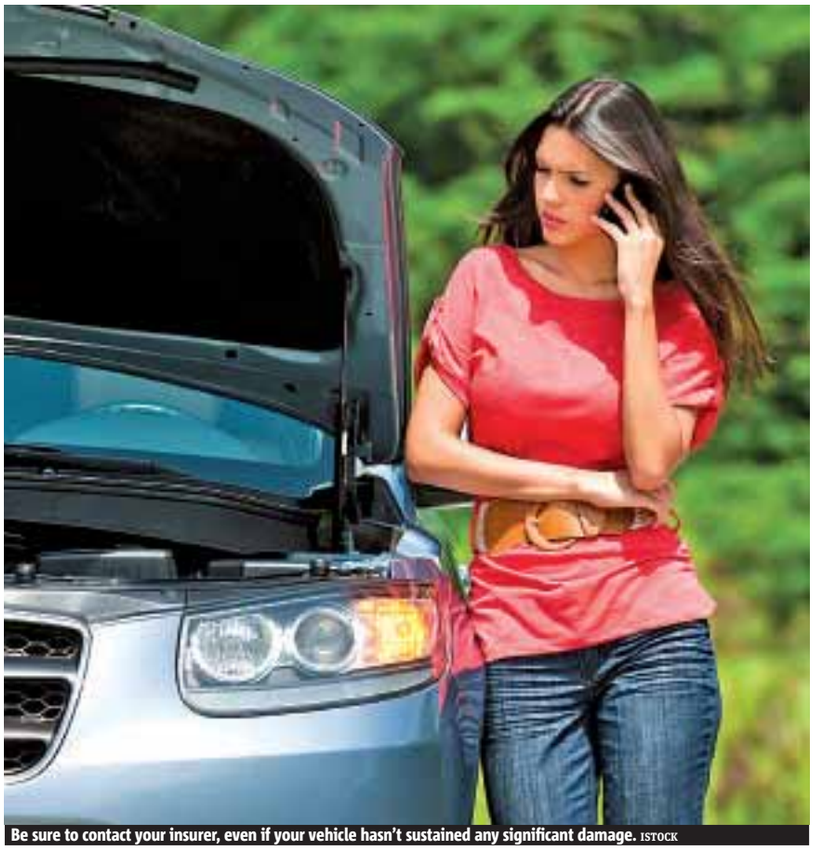


Be sure to contact your insurer, even if your vehicle hasn't sustained any significant damage. ISTOCK

Involved in a fender bender? Here's what you need to know

Accidents. Many Canadians aren't completely confident about what to do if they've been in a minor accident

Whether you're an experienced road warrior who drives three hours a day or a brand new driver, would you know what to do if you were involved in a fender bender?

Research by TD Insurance indicates that only 31 per cent of Canadians say they are extremely likely to know the exact steps to take in this situation.

Dave Minor, a vice-president at TD Insurance, suggests following these steps from TDInsurance.com, if you get into a fender bender:

Move your vehicle
Half of the Canadian drivers surveyed (51 per cent) incorrectly believe that if they've been in an accident, they should never move their vehicle from the road before the police come or they will not be able to determine who was at fault.

This isn't always the case. If you're able to safely move your vehicle out of the flow of traffic while protecting your vehicle from further damage, do so.

Keep calm and carry on
Try not to panic or make any rash decisions. When speaking with the other party involved, don't accept money or fault for the fender bender and don't agree to just "forget about it."

Documentation

- **Take notes.** Include details of the accident and identification of the vehicles and people involved. If possible, take pictures and/or draw a diagram of the accident scene to assist with documentation.

Contact your insurer
Three in 10 Canadian drivers incorrectly believe that if they are in an auto accident, they only need to report the incident to their insurance provider if their car has sustained significant damage. Your insurance policy requires you to report any accident involving loss or damage to people or property. If you don't report it, it may affect your coverage.

How to stay safe when you're behind the wheel

Imagine if you could program your car to take you where you wanted to go — all you would need to do is just sit back and relax.

According to the Property and Casualty experts at Desjardins Insurance, this technology is currently being tested. The U.S. military has developed driverless supply trucks and both General Motors and Volvo have announced plans to introduce semi-autonomous vehicles before the end of the decade.

All are using the same basic technology — a network of cameras, lasers and sensors that monitor the road and the outside. These are linked through an onboard computer to control the steering and brakes — either to totally operate the car (with the addition of GPS to navigate the roads) or merely to intervene when necessary to avoid potential collisions.

This might sound futuristic, but some aspects of this safety-system technology is already included in higher-end vehicles.

The net effect from the combination of these technologies would be to drastically reduce traffic accidents and consequently lead to a major reduction in auto insurance premiums.

It will still be several years before this technology hits the market, so in the meantime here are some reminders to help you avoid an accident:

Drinking and driving

If you feel you've had a few too many, plan on getting home safely by:

- A designated driver
- A taxi
- Public transit
- Ask your hosts if you can stay the night

Speeding
This is one of the leading causes of road accidents. Even if you think you are in total control of your vehicle, respect the speed limit. Remember — you're not alone on the road and accidents happen without warning.

Cellphones at the wheel
Even though you can use your cellphone while driving by way of a hands-free device, it is recommended that you use it as little as possible. Your attention should always be focused on the road, so it's best to eliminate as many distractions as possible.

Drowsiness at the wheel
As soon as you feel the first signs of fatigue (frequent yawning, itchy eyes, heavy eyelids), stop at a safe place and rest for a few minutes.

Highway driving and heavy vehicles
Make sure the drivers of heavy vehicles can see you and that you keep a reasonable distance. You must be able to see one of the vehicle's side mirrors at all times. Keep in mind when passing a heavy vehicle that the driver may not see you when you are beside him/her. If you notice the driver starting to change lanes, accelerate or slow down so that he or she can see you. NEWS CANADA

Horoscopes

♈ Aries
March 21 - April 20
Steer clear of people you think may be talking about you behind your back. You can't stop them from gossiping but you can keep them out of your line of sight, and then they'll be out of mind as well.

♉ Taurus
April 21 - May 21
The planets are empowering you to make changes you often talk about but always seem to put off. You know it's now or never: Change now or don't change at all.

♊ Gemini
May 22 - June 21
You may find it hard to be balanced in your opinions today but make the effort because if you go to extremes, it could rebound on you. Don't be so outspoken that you give rivals a stick to beat you with.

♋ Cancer
June 22 - July 23
Don't waste time on minor matters. Jupiter in your sign is bringing all sorts of opportunities your way but you may miss them if your mind is stuck on trivia.

♌ Leo
July 24 - Aug. 23
Someone in a position of power will rebuke you for making a mistake and you must stand there and take it. It may not do your ego much good but it will remind you that even Leos have people to answer to.

♍ Virgo
Aug. 24 - Sept. 23
You give people the benefit of the doubt but there could be problems if you trust too easily today. If you are asked to give your blessing to a project, demand to know more first.

♎ Libra
Sept. 24 - Oct. 23
The reason you have not succeeded at something is because you are putting too much time and effort into it. That might sound silly but it is possible to try too hard. Give it a break then come back to it.

♏ Scorpio
Oct. 24 - Nov. 22
Good things are coming your way and you deserve them but don't start thinking it is all your own work. Others had a hand in your success and you would be wise to recognize that.

♐ Sagittarius
Nov. 23 - Dec. 21
No matter how annoying someone may be, you are advised to make an effort to be nice to them. Friendships are so important and you can never have too many. Make a friend of an enemy today.

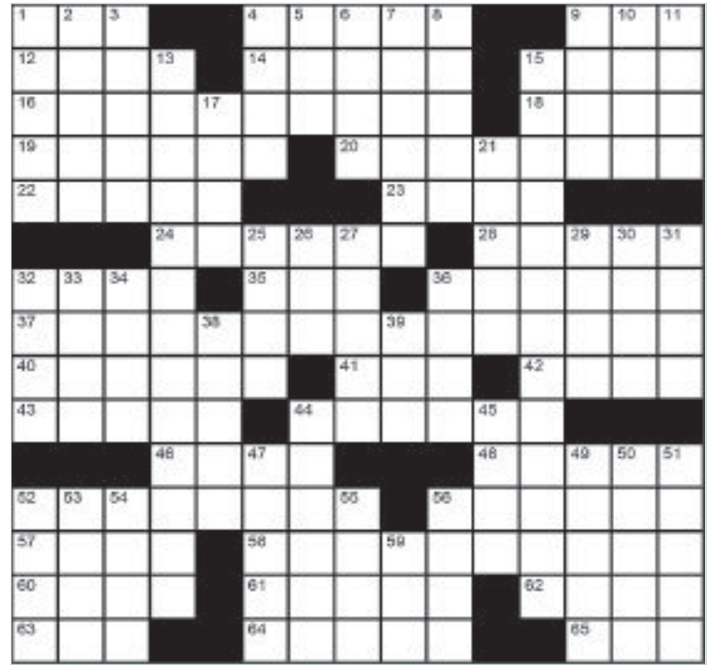
♑ Capricorn
Dec. 22 - Jan. 20
You may have gone out of your way to explain why you have certain views on certain issues but quite clearly not everyone "gets it". Don't waste any more time on them.

♒ Aquarius
Jan. 21 - Feb. 19
A rival who does not have the guts to challenge you directly will try to undermine your position today. Be on guard and make sure people in positions of authority know why you're the one to trust.

♓ Pisces
Feb. 20 - March 20
Jupiter, planet of expansion, is on your side and you should aiming to make a name for yourself. What creative talent do you have that is much in demand? SALLY BROMPTON

Crossword: Canada Across and Down

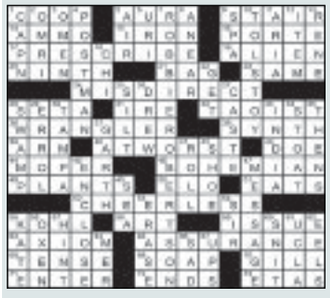
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Noise, for short
4. Minestrone, and others
9. Fancy affairs
12. Ode, for one
14. Actress Ms. Raymonde
15. American state
16. Canadian comedian hosting new trivia game show "Spin Off": 2 wds.
18. Hairstyling hues
19. BC's __ Valley
20. Canadian current events magazine
22. British explorer-in-Canada Mr. Hudson
23. Canadian figure skater Patrick
24. Nova Scotia's provincial bird
28. Particulars
32. Hail _ __ (Taxi!)
35. L'Isle-__-Coudres, Quebec
36. Pot holder
37. Make the history books by winning a race in what?: 3 wds.
40. Arctic-set silent documentary film of 1922, "__ of the North"
41. Iron's partner
42. Original matter, in Cosmology
43. Plods along
44. Aim
46. Wild cherry
48. "Pardon me..." [pl.]
52. Updated versions
56. Be inconspicuous: 2 wds.
57. Joanie's portrayer
58. Be a Member of Parliament, for instance: 2 wds.
60. PBS culinary show, "Simply __"
61. Linda of "Dynasty"
62. Marijuana puff
63. Positive response
64. French painter Edgar (b.1834 - d.1917)
65. Kitchen meas.

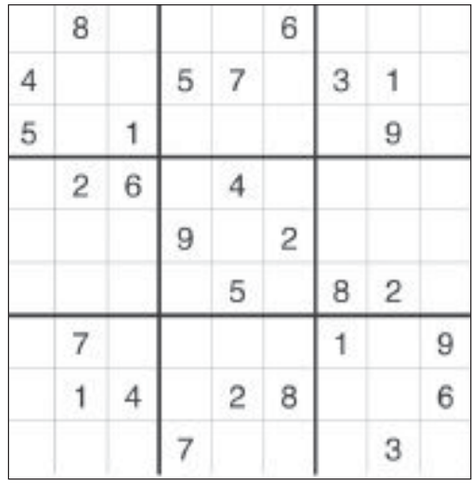
Down
1. Canadian rapper, __ K
2. __ prosequi (Not proceeding, in law)
3. Canadian broadcaster Mr. Soltendieck
4. Comic books legend Mr. Lee
5. Katharine Hepburn's tree
6. E pluribus __ (Out of Many, One)
7. High†seas robbery
8. Louis Armstrong nickname, Ambassador __
9. ELO hit: 2 wds.
10. Actor Mr. Wilson
11. Canadian singer Ms. Jordan
13. Twitter = __ site
15. 21st-century crime: 2 wds.
17. Mr. Romano's
21. Scottish landowner
25. City's green area
26. Ms. McClanahan
27. Former prisoner, commonly
29. Santana's "__ Ways"
30. Same: French
31. Base
32. Grass appendages
33. "__ Miner's Daughter" (1980)
34. River of Florence
36. Maple, for one
38. Amounts of medicine
39. Food fragment
44. Struck by Cupid's arrow: 2 wds.
45. Newbie
47. Sounded satisfied
49. Silas Marner author, George __
50. Razzes
51. Tidy the floor
52. Winnipeg-born singer Mr. Shand
53. Fort __, Ontario
54. Wines: French
55. Smelting waste
56. Deprivation
59. Genetic letters

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	4	5	8	9	2	1	7	3
1	7	8	6	3	4	9	2	5
2	9	3	1	7	5	8	6	4
8	3	4	7	1	9	6	5	2
9	6	2	5	4	8	3	1	7
5	1	7	3	2	6	4	8	9
7	8	1	9	5	3	2	4	6
3	2	6	4	8	7	5	9	1
4	5	9	2	6	1	7	3	8

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